



Ages 5-14

run - swim - bicycle

Recreation-Based, short distances

Awards for ALL who finish

Bonuses for School Participation

Goodie Bags and Prizes for ALL

\$25 Until April 30

\$35 After April 30

Ages 11-14 - Starts 10:30 am, Check-In 10:00

Ages 8-10 - Starts 11:00 am, Check-In 10:30

Ages 5-7 starts 11:30 am, Check-In 11:00

Helmets must be worn

(see Registration Form)

REGISTER AT:

www.rocklin.ca.us/RecDirect

**ADDITIONAL INFORMATION WILL
BE E-MAILED TO ALL PARTICIPANTS
UPON REGISTRATION**

*Sunday, May 16, 2010
Whitney High School
Whitney Ranch Park
Rocklin, CA*



App. Distances (miles)

	5-7 yrs	8-10 yrs	11-14 yrs
Run	.45	.45	.8
Swim	.014	.028	.056
Bike	.56	1.21	3.78

NorCal KidsFest

An event for Pre-Schoolers and their families...

Sunday, May 16, 2010

Whitney Ranch Park

Rocklin, CA

**Vendors Activities Live Entertainment
Agencies Community Programs
Family Programs ...and much more**

**FREE
ADMISSION
FOR ALL!**

12-4 p.m.



INFORMATION PACKET

Race-Day Check-in:

- * ALL participants are required to have their bikes “racked” in the basketball area to the left of the pool at Whitney High School, NO LATER than 9:00 a.m. Staff will be available from 7:00 a.m. to assist and will keep watch until start of event. Helmets must be secured with bike before exiting. Bikes will be checked and certified as “safe” before being allowed to participate. It is highly recommended that participants take their bike to a local bicycle shop before the event to have it checked out.
- * Participants will check-in at the following times at Whitney Ranch Park, near the finish line and Maintenance Building. Signs will be posted.
Ages 11-14 - Check-in at 10:00 a.m., Race begins at 10:30 a.m.
Ages 8-10 - Check-in at 10:30 a.m., Race begins at 11:00 a.m.
Ages 5-7 - Check-in at 11:00 a.m., Race begins at 11:30 a.m.

Parking:

- * Parking will only be allowed in the Whitney High School Parking Lot. Parking spaces at Whitney Ranch Park will be reserved for The NorCal KidsFest event scheduled for the same day.

Volunteer:

- * Anyone wishing to volunteer at the event can contact Jim Crosthwaite at (916) 768-9781 or e-mail him at jim_crosthwaite@yahoo.com

Food/Drink:

- * All race participants will receive drinks and snacks at the conclusion of the race at Whitney Ranch Park.

Awards:

- * This is a “non-competitive” event and all finishers will receive a goodie bag and medals. There will not be an official time kept for the event, but a Time Clock will be posted at the start/finish of the race for those who wish to keep their own time.

Race Progression:

- * The order of the event is: Run/Swim/Bike. Distances are posted on the first page. A map is also included in this packet

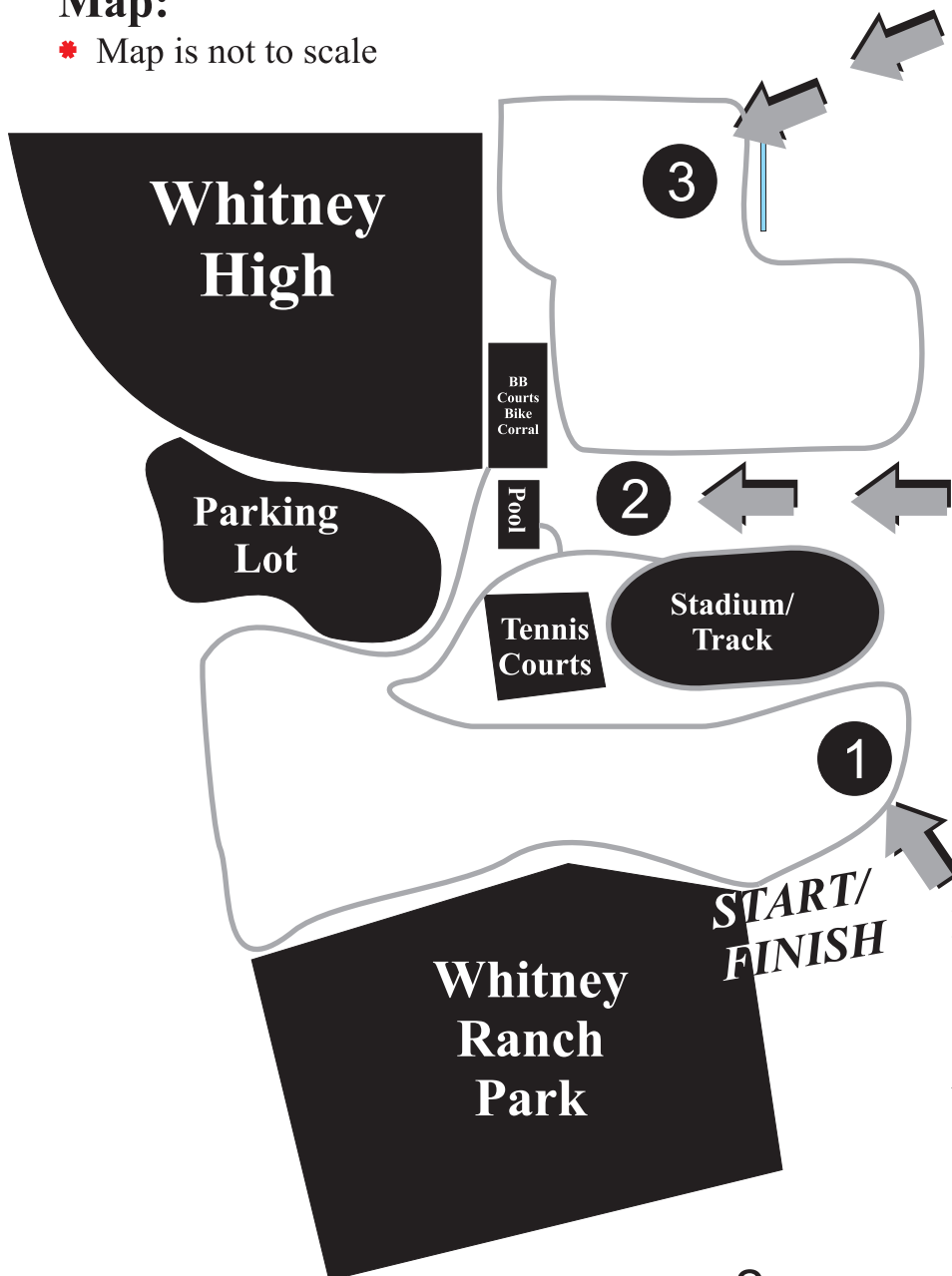
Equipment Check List:

- * Swimsuit (Wear to the race)
- * Towel
- * Running Shoes
- * Comfortable Tshirt
- * Sunglasses (Optional)
- * Bike (Checked in Beforehand by 9 a.m.)
- * Bike Helmet (Checked in with Bike)
- * Water Bottle for Bike
- * Sunscreen
- * Cool weather attire if unpredictable weather

REMEMBER TO DRINK LOTS OF WATER.
There are also water stations along the route.

Map:

- * Map is not to scale



Bike Ride

5-7 Year Olds

Exit bottom of corral to Park

1000 yards (.56 mile)

8-10 Year Olds

add on one lap, then exit bottom

2150 yards 1.21 miles)

11-12 Year Olds and 13-14 Year Olds

add on two additional laps then exit bottom

4500 yards (3.78 miles)

Swim

Pool

5-7 Year Olds

1 Lap - 25 Yards - .014 mile

8-10 Year Olds

2 Laps - 50 Yards - .028mile

11-12 Year Olds and 13-14 Year Old

4 Laps - 100 Yards - .056mile

Run

5-7 Year Olds and 8-10 Year Olds
800 Yard (.45mile)

11-12 Year Olds and 13-14 Year Olds
Add Lap Around Track
Total of 1390 Yards (app. .8 mile)

CITY OF ROCKLIN

TRI THE ROCK YOUTH TRIATHLON REGISTRATION FORM

Parent or legal guardian must complete the form in its entirety prior to the first session meeting.

Please make checks payable to the "City of Rocklin" and submit form with payment to:

Rocklin Community Services, 2650 Sunset Blvd. Rocklin, CA 95677

HELMETS MUST BE WORN AT ALL TIMES DURING BICYCLE PORTION

REGISTRATION CODES

Ages 5-7	10401
Ages 8-10	10402
Ages 11-12	10403
Ages 13-14	10404

Participant's Last Name: _____

Parent's Name (s) _____

Address _____ City _____ Zip _____

Phone (Home) _____ (Work) _____

Email Address _____

Emergency Contact: Name _____ Phone _____

Participant (s) First Name (s)	DOB	Grade	School	Registration Code	Price	Office

Refund Policies

Refunds are issued only if a class is cancelled by the Department, and when date, time, or location of class changes to prohibit attendance. Allow up to 30 business days for processing. Refund requests must be in writing. Forms are available in the Community Services-Recreation Office. All requests are subject to approval. Request forms must be submitted at least three days prior to class start date. No other refunds, credits, or transfers will be made except under special circumstances.

Release & Indemnity

In consideration for being permitted by the City of Rocklin to participate in the above activity (ies), I hereby waive, release and discharge any and all claims for damages for personal injury, death, or property damage which I or my child may have, or which hereafter accrue to me, or my child, against the city as a result of my or my child's participation in the activity (ies). This release is intended to discharge the city, its officers, officials, employees and volunteers, and any other involved public agencies from and against any and all liability arising out of or connected in any way with my or my child's participation in the activity, even though that liability may arise out of negligence or carelessness on the part of the persons or public agencies mentioned above. I further understand that accidents and injuries can arise out of the activities; knowing the risks, nevertheless, I hereby agree to assume those risks and to release and hold harmless all of the persons or agencies mentioned above who (through negligence or carelessness) might otherwise be liable to me, or my child (or my or my child's heirs or assigns) for damages. It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my and my child's heirs and assigns. In addition, I agree to indemnify and hold harmless the city and its officers, officials, employees and volunteers from and against all claims, damages, losses and expenses including attorney fees arising out of my or my child's participation in the activity (ies) described above, caused in whole or in part by my and my child's negligent act, except where caused by the active negligence, sole negligence, or willful misconduct of the city.

I HAVE CAREFULLY READ THE ABOVE RELEASE & INDEMNITY AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND AGREEMENT TO INDEMNIFY THE CITY AND I SIGN IT OF MY OWN FREE WILL.

Signature of participant (if under 18, Parent or Guardian) _____ Date _____

Photograph Release

I hereby grant to the City of Rocklin the absolute and irrevocable right and permission to use, reuse, and publish all pictures of me or my child taken in the course of City of Rocklin business. I fully understand that I hold no control over the use of the photograph (s) of which I or my child is a part. Further, I grant to the City of Rocklin, and those who the city may represent, the right to use my name or my child's name. I hereby release the City of Rocklin from any and all claims and demands arising out of, or in connection with, the City of Rocklin, as well as the person (s) who took the photograph (s). **I have fully read the foregoing and completely understand the contents.**

Signature of participant (if under 18, Parent or Guardian) _____ Date _____

Amount: _____	Rect. # _____	Check # _____	Date _____	By _____
Amount: _____	Rect. # _____	Check # _____	Date _____	By _____
Amount: _____	Rect. # _____	Check # _____	Date _____	By _____